BETTER IF USED BY

15AUG2015 AL031104 B

BOO BERRY™

At least 48 grams recommended daily

THIS CEREAL CONTAINS 11g WHOLE GRAIN PER SERVING

BOO BERRY

"WE WERE SO EXCITED WHEN THE MONSTERS TEAM CALLED US TO HELP DESIGN THEIR PACKAGING BECAUSE WE'VE BEEN FANS SINCE WE WERE KIDS. WE HOPE YOU LOVE ALL OF THESE DESIGNS JUST AS MUCH AS WE DO."

- JIM LEE
CO-PUBLISHER, DC ENTERTAINMENT

- ILLUSTRATED BY
JIM LEE

J.M. LEE

DESIGNED BY DC COMICS

DC COMICS™

COLLECT ALL 3

our mission is nourishinglives™

We guarantee your satisfaction with the quality of our products, and we are committed to nourishing lives, to protecting our environment and to giving back to our global communities.

generalmills.com 1-800-328-1144

General Mills

PER 1 CUP SERVING

130 CALORIES	0g SAT FAT	150mg SODIUM	9g SUGARS
	0% DV	6% DV	

SEE NUTRITION FACTS FOR "AS PREPARED" INFORMATION

BOO BERRY™

ARTIFICIAL BERRY FLAVOR FROSTED CEREAL WITH SPOOKY-FUN MARSHMALLOWS

NET WT 9.6 OZ (272g)

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BOO BERRY™

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Monster Cereals™

EXPIRES 11/1/16
OFFICIAL COUPON
10¢
BOX TOPS for EDUCATION
CRES

BOO BERRY™

Nutrition Facts

Serving Size 1 cup (33g)
Servings Per Container about 8

Amount Per Serving	Boo Berry	with ½ cup skim milk
Calories	130	170
Calories from Fat	15	15
	% Daily Value**	
Total Fat 1.5g*	**2%**	**2%**
Saturated Fat 0g	**0%**	**0%**
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	**0%**	**1%**
Sodium 150mg	**6%**	**9%**
Potassium 50mg	**1%**	**7%**
Total Carb 28g	**9%**	**11%**
Dietary Fiber 1g	**5%**	**5%**
Sugars 9g		
Other Carbohydrate 18g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	6%	20%
Zinc	25%	30%

* Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat, less than 5mg cholesterol, 210mg sodium, 250mg potassium, 34g total carbohydrate (15g sugars), and 6g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole Grain Corn, Corn Meal, Sugar, Marshmallows (sugar, dextrose, modified corn starch, corn syrup, gelatin, malic acid, natural & artificial flavor, citric acid, red 40, blue 1 & 2), **Corn Syrup, Canola and/or Rice Bran Oil, Salt, Trisodium Phosphate, Red 40, Natural and Artificial Flavor, Blue 1. BHT Added to Preserve Freshness.**

Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), **Vitamin C** (sodium ascorbate), **A B Vitamin** (niacinamide), **Vitamin B_6** (pyridoxine hydrochloride), **Vitamin B_2** (riboflavin), **Vitamin B_1** (thiamin mononitrate), **Vitamin A** (palmitate), **A B Vitamin** (folic acid), **Vitamin B_{12}**, **Vitamin D_3**.

MAY CONTAIN PEANUT AND WHEAT INGREDIENTS.

DISTRIBUTED BY **GENERAL MILLS SALES, INC.**, MINNEAPOLIS, MN 55440 USA

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Exchange: 1½ Starch
Based on Academy of Nutrition and Dietetics and American Diabetes Association criteria

This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.

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FWEEEET!

FOR OUR NEW FITNESS PROGRAM, I'VE ASSEMBLED A CHALLENGING SERIES OF EXERCISES: PUSH-UPS, FREAK-OUTS, JUMPING JACK O' LANTERNS...

LET'S WARM UP WITH SOME CHIN-UPS.

COACH

IF YOU SAY SO.

BUT IS THIS REALLY EXERCISE? IT ISN'T VERY HARD.

THAT'S BECAUSE YOU'RE SUPPOSED TO PULL YOURSELF UP TO THE BAR, NOT PULL THE BAR DOWN TO YOU!

OH.

OBSERVE, FRANKENBERRY! I SHALL DEMONSTRATE THE PROPER WAY TO DO CHIN-UPS.

YOU MUST PULL YOURSELF UP--

--LIKE THIS!

OF COURSE, CHIN-UPS ARE NO SWEAT WHEN YOU CAN FLY.

ONE AND TWO AND ONE AND--

--BOOOOOO!

EEEEK!

OOPS, SORRY. I GUESS I DON'T KNOW MY OWN STRENGTH...

TIME TO EXERCISE YOUR POWER OF CHOICE!

WHICH MONSTER CEREAL IS YOUR FAVORITE?

THE ANSWER'S AS EASY AS A-BOO-C!

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